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Aqua-Clinic & Legato Colon Hydrotherapy (Colonic Irrigation) Devices

Hydrocare and QMS Disposable Specula

Therapist Training Overview

***Disclaimer**: This brochure contains technical information about Aqua-Clinic and Legato Colon Hydrotherapy Devices and their established classifications. Colonic Supplies and its distributors and re-sellers cannot control, inter alia, any government regulations and rules in any country, place or region, stipulating the use of colonic equipment including but not limited to those specifically governing water supply; damage to the equipment caused by low mains water quality; assume no responsibility for any unintended or unauthorised use of this equipment; its applications by untrained personnel or by those who breach local regulations by providing colon therapy treatments; its improper maintenance, including, but not limited to, filter changes and improper storage or use causing damage by freezing or overheating; make no warranties, express or implied, as to usability after improper maintenance or storage; and cannot be held liable under any circumstances for any direct or consequential damages resulting therefrom.*

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1. Introduction to Aqua-Clinic and Legato colon hydrotherapy devices

Aqua-Clinic and Legato are devices designed for professional and personal use in colon hydrotherapy (colonic irrigation) and bowel function management.

Our equipment can be used as part of lifestyle, naturopathic and dietary programmes designed for managing and reducing the severity of:

- constipation and obstipation;
- gut dysbiosis and bacterial/yeast overgrowth;
- negative effects of medications on the functions of the lower bowel;
- accelerated ageing;
- faecal incontinence;
- constipation;
- IBS;
- diarrhoea;
- lower bowel dysbiosis;
- gut dehydration

Due to their high reliability and hygienic standards, Aqua-Clinic devices are used in alternative therapy clinics, health centres, rejuvenation retreats and leading spas. All our units are CE-marked as Class 1 medical devices and are fitted with WRAS-approved and CE marked components.

All our devices can be used both for personal needs and in a professional environment.

To purchase our devices for professional purposes, you will require proof of qualification as a colon therapist trained on the closed system.

When you purchase any Aqua-Clinic device you are entitled to a total of four hours of training (in Maidenhead, Berks, or Mansfield, Notts, uk) on how to use and maintain your device. We very strongly recommend that you take advantage of this facility.

2. Aqua-Clinic and Legato CE Marking – UK and EMEA countries

EC Declaration of Conformity

Aqua-Clinic and Legato range of devices and disposables are CE-marked as Class 1 medical devices. They conform with all directives that apply to Class 1 Medical devices, such as safety, health and environmental protection, including water safety. Their conformity with the relevant directives has been independently assessed. The technical file for the Aqua-Clinic products is maintained by Aqua-Clinic on its registered premises.

CE marking in the UK is governed by the Medical and Health Regulatory Agency (MHRA). European and UK regulations governing CE marking are explained on the Health and Safety Executive Website.

Why is it important that you buy a CE-marked medical device?

- In certain circumstances, selling or buying a medical product for personal or professional use which is not CE-marked may breach the law. Since 1993, CE marking has been a key indicator of a medical product's compliance with EU legislation. CE-marked products can move freely within the European market.
- By affixing the CE marking on a product, a manufacturer, distributor or importer is declaring, at their sole responsibility, conformity with all of the legal requirements to achieve CE marking and therefore ensuring validity for that product to be sold throughout the European Economic Area.
- CE marking means that the manufacturer, distributor or importer has verified that the product complies with all relevant essential rules, such as safety, health, and environmental protection requirements of the applicable EEA directives. Most medical devices also need to be examined by a notified conformity assessment body. Technical files evidencing such assessments must be kept on the manufacturer's, importer's, or distributor's premises.
- Without the CE mark, other markings and approvals, such as US FDA, Health Canada, Health Australia etc have no validity in the European Union, including the UK.

3. Aqua-Clinic and Legato WRAS Compliance - UK only

Disclaimer: There may be some differences in UK local authorities' interpretations of WRAS regulations. Results of our research and due diligence steps based on our understanding of WRAS regulations in force are provided below. Please note however that all water-related decisions of local authorities must be abided by and have ultimate authority in all circumstances.

Aqua-Clinic Colon Hydrotherapy (Irrigation) Device WRAS Compliance

Water Regulations Advisory Scheme (WRAS) is a UK Government body that ensures safety of public water supplies. Whilst CE compliance ensures the safety of the therapist and the patient, WRAS compliance ensures the safety of public mains water from any damage which can be caused by the malfunction of a unit, such as a colonic device, or a fitting. The main risks that need to be prevented are pathogens that can contaminate wholesome water.

Pressurised colonic devices fall into three categories depending on what kind of fluid passes or may accidentally pass through the device:

- units which deal with JUST blended hot and cold water, or category 2 fluid;
- units which deal with blended water AND and additives such as ozone, or category 3 fluid, but NOT with wastes;
- units which deal with blended water and/or ozone AND wastes in the same casing, or category 5 fluids.

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What fluid risks do Aqua-Clinic and Legato colonic irrigation devices deal with?

Aqua-Clinic and Legato deal with JUST blended water, which is fluid Category 2 risk. Any other fluids, such as category 3 or 5 fluids, cannot physically pass through it. No additives, including ozone, can be added to water in the device. Wastes are flushed down completely separately from the device.

What about pathogens in the wastes?

Wastes are the highest risk category, Fluid Category 5. The regulations state that if devices dealing with Category 2 fluids are supplied with a separate unit for removing waste, which is Category 5 fluid, the separate unit must have an air break of at least 150 mm at the waste connection. In the Aqua-Clinic waste kit, an up to 500 mm air break is provided and thus all risks of splash back or back siphoning, and hence contamination, are exceptionally low.

What terms do I need to understand to analyse risks that WRAS regulations prevent?

WRAS promotes knowledge of the Water Regulations throughout the UK and assures their consistent interpretation and enforcement, for the prevention of waste, undue consumption, misuse, erroneous measurement, damage to taste and contamination of water. The main terms you need to understand for device risk assessment are below.

WATER FITTINGS	'Water fittings' includes all pipes, pipe fittings, joints, valves, cisterns, appliances and equipment which form the water supply system in premises or are connected to it.
WHOLESOME WATER	Water supplied by the Water Supplier of suitable quality for drinking purposes.
CONTAMINATION	Contamination includes any reduction in aesthetic, chemical or biological quality of the water due to raising its temperature or the introduction of polluting substances – whether it is harmful to health or not.
BACKFLOW	Backflow is defined as 'flow in a direction contrary to the intended normal direction of flow'.
CROSS-CONNECTION	Any connection between the water supply system containing wholesome water supplied by the Water Supplier and pipes, fittings or equipment containing any other water.
PERMEATION	Permeation occurs when a substance penetrates the material of which a pipe is made and contaminates the water within the pipe.

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Summary of Aqua-Clinic and Legato risk assessment for WRAS purposes

WATER FITTINGS	All fittings are WRAS-approved and TMV-2 or TMV-3 compliant. Water fittings risk is low.
WHOLESOME WATER	No additives can be mixed with water within the device. No cleaning chemicals can be injected into the equipment. No soaking with chemicals is required. Household chemicals are used for cleaning. Contact with household chemicals is of a transient nature. Risk of reduction of water wholesomeness is extremely low.
CONTAMINATION	No fluids category 4 or 5 risk pass through the device or enter any part of it. The device cannot be affected by back flow or back splash. The unconnected waste trap is always below the level of the device and approximately 500 mm to the side or 300 cm under the device. Air break inside the waste trap is at least 500 mm. Contamination risk is low and is addressed in operator training and user manual.
BACKFLOW	There is a double-check valve inside the device to prevent backflow. Double check valve installation on hot and cold water supply pipes is also strongly recommended in user manual. Inlet tubing is disposable, not permanently fixed, fully operator-controlled and of transient use (maximum 60 minutes before disposal). In the event of a complete loss of mains pressure: - as water always follows the path of least resistance, water will flow into the wide outlet tube and directly into the waste trap. In this case least resistance is offered by a wide tube going straight and downwards; and/or - the speculum which is not permanently affixed to the body in any way will be pushed out of the body, by the body, and the effluent will spill over on the treatment table; and/or - the inlet tube which is not permanently affixed to the device in any way will pop off the device; and/or - the device will be switched off and inlet tubing is instantly disconnected by the operator. Back flow risk is extremely low and is addressed in operator training and user manual.
CROSS-CONNECTION	Cross-connection risk has been eliminated through design of the device. Disposable user tubing is discarded after every treatment which is around 60 minutes in duration. There is no risk of cross-connection. Hygiene issues are addressed in operator training and user manual.
PERMEATION	Disposable tubing is of transient use and is removed after every treatment. Tubing is CE-marked for medical use. Permeation risk is extremely low and is addressed in operator training and user manual.

What about the components that are used in Aqua-Clinic and Legato colonic irrigation devices?

All fittings that are used to manufacture Aqua-Clinic and Legato devices are sourced in the UK and are WRAS-approved and TMV-registered. Most of them are physically manufactured in the UK.

We have used or are currently using the following companies as our suppliers: Bristan, Pegler, John Guest, Valquest and Intatec. Please see their range of WRAS approved fittings in the WRAS approval database.

4. Important information and frequently asked questions about Aqua-Clinic and Legato range of devices

What basic requirements are there for the installation of Aqua-Clinic machines?

You need hot and cold water supplies and a low-level 32mm or 40mm waste outlet. For best results, hot and cold water should be balanced, both at around 2.5-3.5 bar.

How can I find out what type of water supply there is on the premises?

Ask a plumber. The questions to ask are:

- *How is hot water supplied (i.e. gravity, pressurized, pressurized stored or combi-boiler)? (Pressurised balanced is the best)*
- *What is the running pressure of hot and cold water when it's used in several outlets? (Balanced pressure of 2.5 to 3.5 bar is the best)*
- *What is the hot water recovery time? (between 20and 35 minutes is the best)*
-
- *What amount of stored hot water there is at any time? (around 100L is the best)*

If I were to choose the premises to install the Aqua-Clinic or Legato equipment, what would be the ideal setup?

- *treatment room approx 2.5 m by 3.5 m with an en-suite toilet or a dedicated toilet close by;*
- *washable floors;*
- *basin in the room;*
- *balanced hot and cold water supply at around 2.5 to 3.5 bar;*
- *around 100 L of stored hot water with fast recovery time.*

What room size would I need for Aqua-Clinic or Legato?

At least 2.5 by 3.2 meters, and 1.5 m by 1.5 m for a toilet/changing room. Please see the relevant section for more detailed information.

What is the regulatory status of Aqua-Clinic and Legato?

All Aqua-Clinic devices are Class 1 medical devices approved by the MHRA, Medical & Health Regulatory Agency. They are CE marked and WRAS compliant for Category 2 risks. For more information, please see the relevant sections of this brochure.

What is the principle behind the Aqua-Clinic and Legato devices?

Rather than running down the water line under its own weight, like in gravity devices, water is pushed horizontally along the water line by pressure of a thermostatic flow regulator valve, similarly to the action of a power shower. The thermostat adjusts the combination of hot and cold water to make sure that the client receives the water at constant temperature. Water flow rate is regulated by the secondary flow regulator to achieve mild hydrating effect similar to a gravity device.

I know that other colonic devices have UV filters, why do Aqua-Clinic and Legato not have UV filtration?

It is not necessary to have a UV filter in the developed world where the water coming out of the tap is wholesome (for more information on wholesome water, please see the section on WRAS compliance).

If the water coming out of the mains is not wholesome, UV filters would need to be installed for the whole water supply. There is no point in having the UV filter for the colonic device alone, if the water in the whole building needs to be sterilised by UV.

The general pros & cons of installing a UV filter on an individual device are covered here: http://www.doityourself.com/stry/ultraviolet-water-purification-pros-and-cons

What Aqua-Clinic or Legato equipment would be right for me?

It all depends on how you see your colon hydrotherapy practice developing and what your initial budget is. You also need to bear in mind that if you rent a room you may not be able to install a gravity kit in there, or attach a permanent device to a wall. Portability may also give you more options if you decide to change your premises or start working from several locations. Plan for 18 months ahead, and don't judge on price alone.

How does the Aqua-Clinic range compare with other machines?

- *It is much gentler than an average pressurized system;*
- *It's often cheaper that other pressurized devices;*
- *Waste does not go through the device, reducing considerably any chance of cross-contamination;*
- *Electricity is not used at all, making this instrument suitable for EMF sensitive clients;*
- *One of the models is portable and will fit any business model.*

Where is the Aqua-Clinic equipment used?

All models of Aqua-Clinic are used by:

- *Mobile therapists who work in several locations;*
- *Therapists who have multi-purpose rooms used both as colonic suites and as massage, facial, wraps etc rooms;*
- *Day Spas;*
- *Integrative medical practices;*
- *Colon hydrotherapy practices;*
- *People's apartments and houses and so on.*

What is the difference between the Aqua-Clinic Legato Therapy Basic range and Aqua-Clinic Professional range?

- *The Legato Therapy Basic machines are wall-mounted. The Professional machines can be wall-mounted, desktop or portable. In the Professional range the temperature varies between 31 and 39 degrees; in the Legato range the temperature is set for 36.6 +/- 2 degrees. The Professional range uses a different type of pressurised valve.*
- *There are two filters (charcoal and particle) in the Professional range and one charcoal filter in the Legato Therapy Basic range, delivering clean drinking quality water in both cases.*

In other machines wastes go through the tube in the machine, and in your they don't. So how can clients see the wastes?

The clients can see the wastes in the mirror above the machine, as on this photo. Wastes going back into the machine in other pressurised devices is, actually, puzzling and somewhat worrying. There is no health or research reason why the wastes should go back into the device; it's not hygienic, for a start, whatever anyone says. We have based our Aqua-Clinic design on functionality, hygiene and safety -- so all features which were either not functional, not safe or both, were discarded.

My landlord does not want any open pipes, what would you recommend?

You can easily box the pipes or hide them in a cupboard or behind a curtain, as on the photos below:

5. Basic treatment room requirements for Aqua-Clinic and Legato range of devices

- *The average size of the room should be at least.5 by 3.2 meters, and 1.5 m by 1.5 m for a toilet/changing room.*
- *En-suite toilet facilities are desirable*
- *A basin in the therapy room for the therapist's use is desirable.*
- *Water pressure needs to be checked by the plumber*

Equipment installation requirements

- *All models require hot and cold water outlets fitted with 15 mm full-bore handled isolating valves located within 1m of the equipment;*
- *Aqua-Clinic and Legato devices work best when the hot and cold water supplies are of equal pressure of around 2 bar. If your cold or hot pressures are low, you may need an additional pump.*
- *You will also need a 40 mm waste located at the end of the couch as close to the floor as possible.*
- *It is also strongly recommended that non-return valves should be fitted to both hot and cold supplies as an additional safety measure.*
- *The device does not require power.*

Installing the waste outlet and water inlets

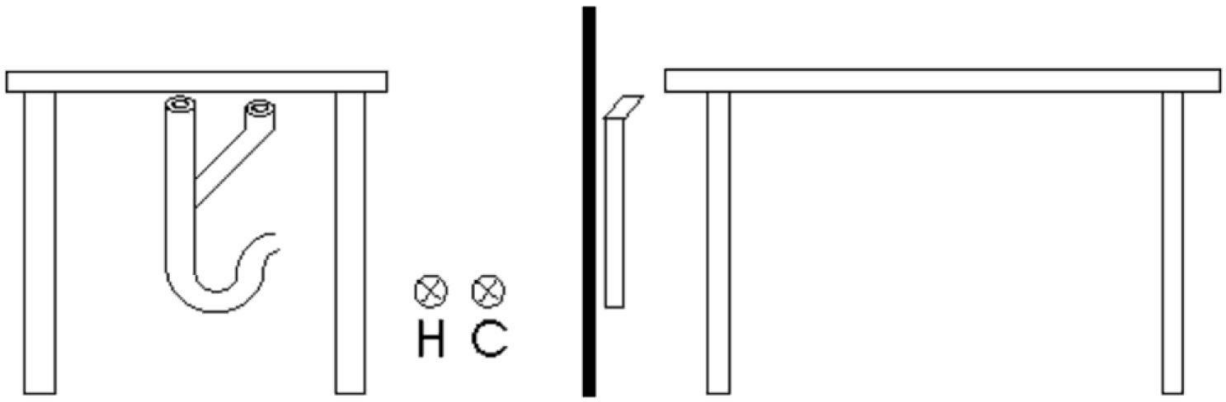
Stage 1: Set your bed to a comfortable working height

Stage 2: Place the waste trap (provided with all Aqua-Clinic and Legato equipment at time of purchase) with the top of the trap 25 to 45 mm below the underneath side of your bed with the left hand outlet in the centre of the bed as show in the drawing below.

Stage 3: Fix waste trap to the wall and connect it to the waste outlety in the room.

Stage 4: Install hot and cold feeds at the right side of the bed as shown in the drawing.

We recommend that the wall should be protected from water, by tiles or Perspex.



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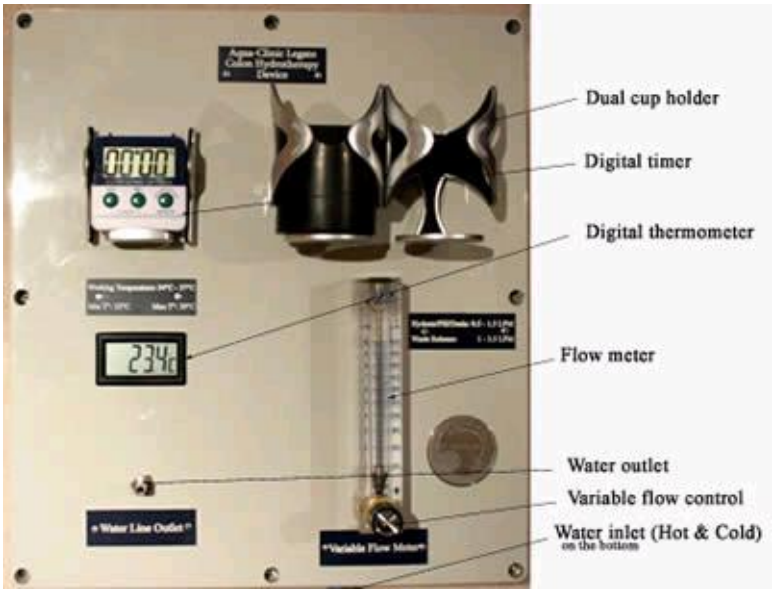
6. Legato Bowel Function Management and Therapy Basic Device



Costing around 20% to 50% of most other professional colon hydrotherapy devices, Aqua-Clinic Bowel Function Management and therapy Basic Device is designed to be used both privately at home and by professional colon hydrotherapists in a clinic environment.

It is suitable for most premises with hot and cold water supply, but will perform best with equal supply pressures of 1 to 3 bar.

The device is designed to be used with Hydrocare colon hydrotherapy disposable kits.

Main features:

- *Constant water temperature fixed at 36.6 +/- 2.5 degrees Centigrade;*
- *Charcoal water filtration ensuring drinking quality water;*
- *Digital thermometer for constant temperature monitoring;*
- *Fully controlled water flow from 0.6 litres per minute;*
- *Treatment timer from 0 to 99 minutes;*
- *Non-return double-check valves fitted for safety;*
- *Light and easy to plumb in;*
- *Safe to operate;*
- *Easy to maintain;*
- *CE marked;*
- *UK WRAS compliant;*
- *Perfect for a start-up business or for a clinic replacing obsolete gravity-fed systems with modern professional equipment.*

What is included with your purchase?

- *Legato therapy basic colon hydrotherapy device;*
- *Installation guide;*
- *User instructions;*
- *Hot and cold feed;*
- *Waste kit;*

Dimensions and Weight:

- *Dimensions: 400 mm x 360 mm x 150 mm: Weight: 5.5 kg*

Example of Private Use of Aqua-Clinic Bowel Function Management and therapy Basic Device

7. Aqua-Clinic Professional Range: technical specifications

Item	Specification
Flow rate	**0.5 lpm to 4 lpm**
Safe temperature range	**31°C to 39°C**
Inlet running pressure range	**1.5 bar to 3 bar balanced**
Sediment filter	**Disposable 5 micron ¼" inlets**
Activated carbon filter	**Disposable 0.1 micron ¼" inlets GAC**
Hot water connection	**1x 15 mm hot supply (RED)**
Cold water connection	**1 x 15 mm cold supply (BLUE)**
Waste	**32/40 mm waste standpipe with trap**

8. Aqua-Clinic™ Desktop QuBE

This model comes in blue with variable colour front panels.

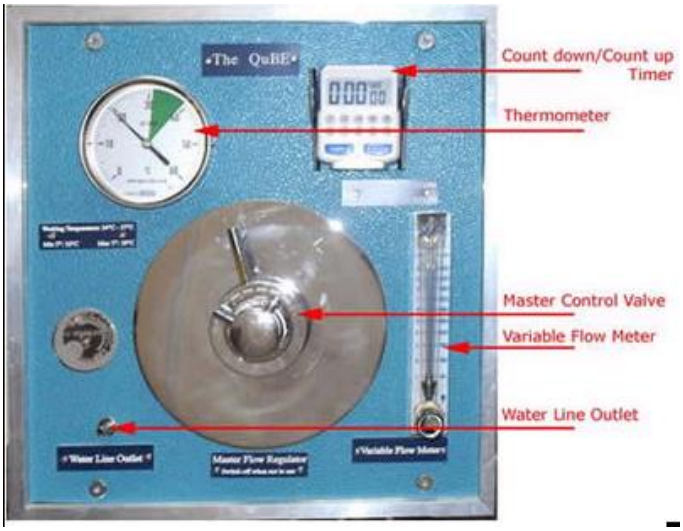
It's the most elegant model of the range and is designed to stay in a single location.

It is ideally suited for a multi-functional therapy rooms where practitioners need to remove their equipment and products and leave the room ready for a different treatment.

Aqua-Clinic™ Desktop QuBE takes only about 5 minutes to disconnect or re-connect.

The built-in double filtration unit is at the back of the machine.

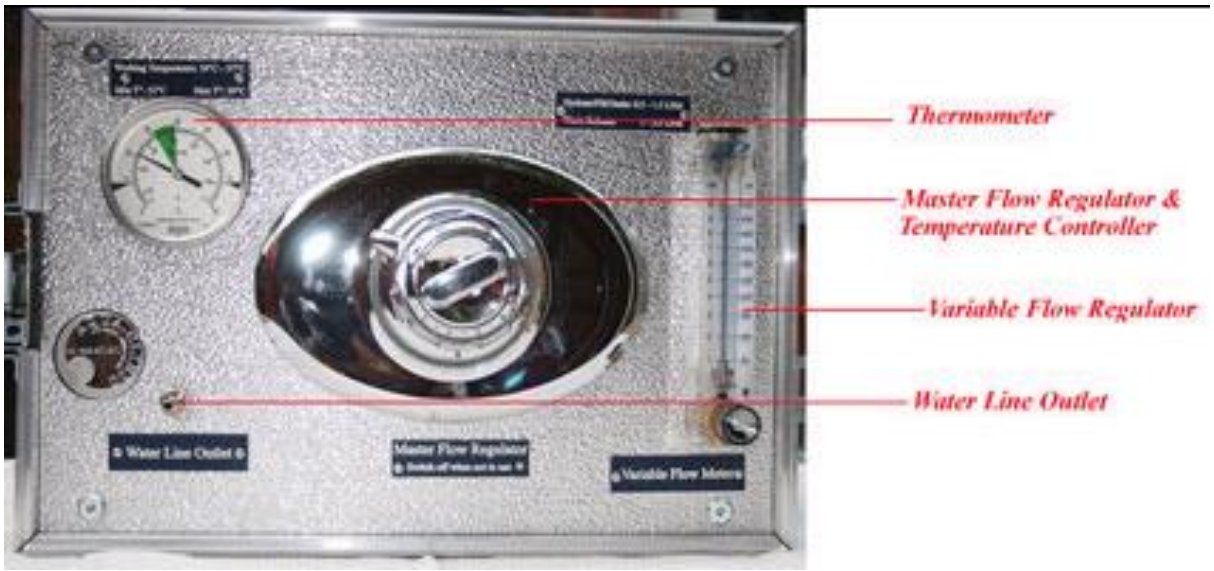
Dimensions: 380x420x480 mm Weight: 14 kg



Key factors at a glance:

- *Aqua-Clinic™ Desktop QuBE colonic irrigation machine can work in the majority of premises with a balanced hot and cold water supply;*
- *Adjustable temperature and flow controls hold temperature and flow extremely well;*
- *The device comes with a handle for easy connecting and disconnecting;*
- *The premises where you wish to work will need to have the following (there is no difference from any other colonic irrigation machine): hot and cold water feed and a low-level waste outlet;*
- *A water treatment unit is built into the back of the machine and is easy and inexpensive to maintain - you can do it yourself;*
- *There is no need for annual service as long as you use soft water;*
- *Water filtration immediately before contact with client;*
- *Very quiet and gentle operation which is suitable for fragile patients or clients;*
- *Wastes are clearly seen in the mirror;*
- *No electricity is used in the operation, making the equipment suitable for EMF-sensitive clients;*
- *Unlike in most other pressure devices, waste DOES NOT go through the machine thus ensuring hygiene and safety 100%;*
- *Designed to be used with Hydrocare or QMS disposable kits for achieving the best results. Dimensions of the water line outlet are suitable for a standard colon therapy disposable kit of any manufacturer.*

9. Aqua-Clinic Professional Range: Aqua-Clinic™ Portable



This portable model has been developed for mobile therapists working in several therapy centres. Sturdy and designed to be moved from centre to centre, it comes with its own trolley and handle for easy moving and lifting.

The filtration system is installed at the back of the machine and is protected by a secondary lid.

This model comes in silver only.

Easy to connect and disconnect, it requires a waste outlet in each location which can be easily hidden in a small box or behind a curtain.

Main advantages:

Aqua-Clinic™ portable (mobile) colon hydrotherapy device is easy to use in multiple locations. It is sturdy and built to last. Built with ease of use in mind, it takes 5 to 10 minutes to set up. The equipment will enable you to expand your catchments area and build your client base in no time at all!

Dimensions and weight

- *Dimensions: 420mm x 290 mmx400 mm Weight: 16 kg*

Key factors at a glance:

- *Aqua-Clinic™ Portable colonic irrigation machine can work in the majority of premises with a balanced hot and cold water supply;*
- *Adjustable temperature and flow controls hold temperature and flow extremely well;*
- *The device comes with a built-in trolley for ease of movement and a handle for easy connecting and disconnecting;*
- *The premises where you wish to work will need to have the following (there is no difference from any other colonic irrigation machine): hot and cold water feed within one meter of the device and a low-level waste outlet;*
- *A water treatment unit is built into the back of the machine and is easy and inexpensive to maintain - you can do it yourself;*
- *There is no need for annual service as long as you use soft water;*
- *Water filtration immediately before contact with client;*
- *Very quiet and gentle operation which is suitable for fragile patients or clients;*
- *No electricity is used in the operation, making the equipment suitable for EMF-sensitive clients;*
- *Unlike in most other pressure devices, waste DOES NOT go through the machine thus ensuring hygiene and safety 100%;*
- *Designed to be used with Hydrocare or QMS disposable kits for achieving the best results. Dimensions of the water line outlet are suitable for a standard colon therapy disposable kit of any manufacturer;*
- *The Aqua-Clinic™ portable colon hydrotherapy device is ideal for working in a small multi-purpose therapy rooms and in several clinics.*
- *When Aqua-Clinic™ is not in use, it can be easily stored;*

Example of private use of Aqua-Clinic Portable

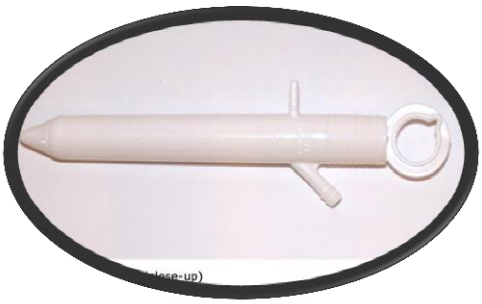
10. Hydrocare and QMS Disposable Specula

Here is a guide to Hydrocare and QMS colon hydrotherapy disposable specula which are both CE and FDA approved. In addition to being individually packed and made of high-quality non-toxic and non-irritant plastic material, they have the following unique features:

The Regular flanged (M) Aqua-Clinic colonic irrigation speculum is suitable for any colonic devices on the market, as well as Wood's Gravity, due to a tapered inlet that accepts 8 mm and 10 mm inlet tubing. It has a flange to prevent over-insertion, a tapered end to make the attachment of the waste line easier and a very smooth finish to make sure that the process is as comfortable to the client as possible. The obturator handle is in a V-shape guaranteeing a firm fix.

- *Bulged Tip for a Snug Fit*
- *Leakage Reducing Flange*
- *Adaptable 1/4" or 3/8" (gravity) Water Inlet*
- *Non-Slip Waste Hose Grips*
- *Compatible with All Closed System Instruments and Wood's Gravity*
- *Manufactured in Canada*
- *Meets Strict Quality Standards*
- *Manufactured in North America.*

The Regular unflanged (ML) QMS colonic irrigation speculum is suitable for all colonic devices on the market. It is a "smooth tip" speculum, assuring a comfortable insertion. It may be particularly suitable for taller and bigger patients with a longer rectal canal. The obturator handle is a large ring for a comfortable fix during the insertion.



- *Smooth Transition for Comfortable Insertion*
- *Tapered Speculum Tube for Gentle Retraction*
- *Non-Slip Waste Hose Grips*
- *Elongated Shaft for Easy Attachment*
- *Compatible with All Closed System Instruments*
- *Meets Strict Quality Standards*
- *Made in the USA*

11. Therapist Education

Please see the following links for more information:

http://www.midlandscolonictraining.co.uk/

http://www.colonic-association.net/rictat-colon-hydrotherapy-training.html

The RICTAT Integrative Colon Hydrotherapy Foundation Course is taught by Aqua-Clinic Colon Hydrotherapy Colleges. RICTAT Integrative Colon Hydrotherapy Foundation Course is a post-graduate course combining self-study and working one-on-one with the tutors in a distance learning mode with classroom-based seminars and practical training. The prospective students need have the following knowledge and skills base and abilities:

- *capacity to learn independently, research and analyse information;*
- *understanding of the foundations of human anatomy and physiology;*
- *understanding the foundations of nutrition;*
- *understanding the foundations of role of exercise and movement in health;*
- *ability to interact with clients or patients in a therapeutic environment;*
- *experience of the power of therapeutic touch;*
- *critical thinking skills and an open mind.*
- *THEORY OF THE INTEGRATIVE COLON HYDROTHERAPY*

DISTANCE LEARNING

The self-study section consists of 12 modules requiring about 10 hours' study time each, with four assignments to be completed and submitted before the start of the practical training that cover:

- *The human digestive system;*
- *Nutrition and detoxification;*
- *Emotions, stress and digestive health*
- *Importance of exercise and massage for the maintenance of digestive health;*
- *Diseases, disorders and dysfunctions of the digestive system*
- *The nervous and immune systems in the large intestine and gut flora.*
- *Defaecation and stools;*
- *History and the present day of colon hydrotherapy;*
- *Indications, contraindications and cautions to performing colon hydrotherapy;*
- *Aftercare and health maintenance protocols;*
- *Self-care of a colon hydrotherapist.*

PRACTICE OF THE INTEGRATIVE COLON HYDROTHERAPY (40 HOURS)

The practical module consists of six days of reviewing the theory, seminars, participating in 20 colon hydrotherapy treatments with case histories, and reflective practice. Each student receives at least two colon therapy treatments during the practical week, subject to contraindications.

The Practical Module is marked on the basis of a continuous assessment of the following skills and competencies:

- *Safety and effectiveness of the colon therapy treatment individualized in accordance with each client's needs;*
- *Maintaining professionalism of the therapist-client interaction;*
- *Hygiene and protection of client's and therapist's health;*
- *Ability to combine listening, talking and observation to determine and start removing barriers to healing;*
- *Ability to use therapeutic touch, water temperature and flow to achieve an effective treatment;*
- *Ability to design an aftercare programme that is based on nutritional and lifestyle adjustments as the first line of intervention;*
- *Ability to stay within the professional boundaries of a colon therapist and demonstrate self-care.*

The final test is based on the integration of the theory and practice.

Certifications

Certificate of Integrative Colon Hydrotherapy Practitioner.